

ABTRACT

Musculoskeletal Disorders (MSDs) are one of the occupational health problems frequently experienced by online motorcycle drivers, In line with the increasing number of workers in this sector due to technological advancements and the growing demand for online transportation services. This condition can be influenced by various factors, such as repetitive physical activity, increasing age, length of employment, and high work pressure, including delivery target demands and income uncertainty, which can trigger psychological stress. Untreated MSD complaints may lead to decreased productivity, increased risk of work-related accidents, and a decline in drivers' quality of life. This study aims to identify the factors associated with the incidence of MSDs among online motorcycle taxi drivers in the Grab Simpang Negara (GSN) Community, Medan Area District. The research employed a cross-sectional approach involving 77 respondents. Data were collected using the Nordic Body Map instrument and the Health and Safety Executive (HSE) questionnaire, and analyzed through univariate, bivariate (Chi-square), and multivariate logistic regression tests. The results showed that 66.2% of respondents experienced MSD symptoms. Variables such as age, length of employment, and work stress level were found to be significantly associated with MSD incidence ($p \leq 0.05$), with work stress identified as the most dominant factor. Preventive efforts against MSDs among online motorcycle taxi drivers should include improvements in working conditions and the implementation of integrated stress management strategies..

Keywords: Musculoskeletal disorder, Online Motorcycle Drivers, Age, Body Mass Index, Work Tenure, Work Duration, and Work Stress.

ABSTRACT

Musculoskeletal disorders (MSDs) merupakan salah satu permasalahan kesehatan kerja yang sering dialami oleh pengemudi ojek online, seiring dengan meningkatnya jumlah pekerja di sektor ini akibat perkembangan teknologi dan kebutuhan layanan transportasi daring. Kondisi ini dapat dipengaruhi oleh berbagai faktor, seperti aktivitas fisik yang berulang, penambahan usia, lama masa kerja, serta tekanan kerja yang tinggi, termasuk tuntutan target pengantaran dan ketidakpastian penghasilan harian yang memicu stres psikologis. Keluhan MSDs yang tidak ditangani dapat berdampak pada penurunan produktivitas, peningkatan risiko kecelakaan kerja, dan menurunnya kualitas hidup pengemudi. Penelitian ini bertujuan untuk mengidentifikasi faktor-faktor yang memiliki keterkaitan dengan kejadian MSDs pada pengemudi ojek online di Komunitas Grab Simpang Negara (GSN) Kecamatan Medan Area. Penelitian dilakukan dengan pendekatan potong lintang melibatkan 77 responden. Data dikumpulkan menggunakan instrumen *Nordic Body Map* dan kuesioner *Health and Safety Executive* (HSE), serta dianalisis melalui uji univariat, bivariat (*Chi-square*), dan regresi logistik multivariat. Hasil analisis menunjukkan bahwa 66,2% responden mengalami gejala MSDs. Variabel usia, masa bekerja serta tingkat stres kerja menunjukkan hubungan signifikan terhadap kejadian MSDs ($p \leq 0,05$). Faktor stres kerja ditemukan sebagai faktor yang paling dominan. Pencegahan MSDs pada pengemudi ojek online perlu melibatkan perbaikan kondisi kerja serta upaya pengelolaan stres secara terintegrasi.

Kata kunci: Keluhan Muskuloskeletal, ojek online, Usia, indeks massa tubuh, masa kerja, durasi Kerja dan Tekanan Kerja.